

KEEP WISCONSIN OUT OF A MEASLES OUTBREAK: WE CAN DO IT!

There have been no measles cases in Wisconsin since 2014, but the latest measles outbreak has made national news because **2019 has set a record for having the greatest number of reported cases in the U.S. since measles was eliminated in 2000.** According to the U.S. Department of Health & Human Services, since January to June, 2019, there are **1044** measles cases reported in Arizona, California, Colorado, Connecticut, Florida, Georgia, Idaho, Illinois, Indiana, Iowa, Kentucky, Maine, Maryland, Massachusetts, Michigan, Missouri, New Mexico, Nevada, New Hampshire, New Jersey, New York, Oklahoma, Oregon, Pennsylvania, Texas, Tennessee, Virginia, and Washington. **90% of these cases were unvaccinated.**

Measles can be dangerous, especially for babies and young children. About 1 out of 5 children who get measles will be hospitalized. For some children, measles can lead to:

- Pneumonia
- Lifelong brain damage
- Deafness
- Death



Measles signs and symptoms: high fever (may spike to more than 104 F), cough, runny nose, red, watery eyes, rash break out 3-5 days after symptoms begin.

BEAT MEASLES WITH VACCINATION!!!

Where? Kewaunee County Health Department
Immunization Clinic at 810 Lincoln Street in
Kewaunee, WI.

When? Monday through Friday: 8:15 am – 4:00 pm
(Please call for availability)

Phone number: 920-388-7160

We offer immunization (not only Measles immunization) free of charge to children up to age 18 on Badgercare, Medicaid, or with no health insurance, or whose health insurance does not cover vaccines and those of American Indian or Native Alaskan descent. See page 2 for MMR vaccination schedule.



The Skinny on Calcium

Wisconsin is known for being the “dairy state”, and with that comes a wide variety of cheese, milk and yogurt. Many Wisconsinites grow up to love milk and drink large quantities. After all, our bodies need calcium to grow, right? In fact, we learn this at an early age as infants go right from drinking breastmilk or formula to consuming milk. The question is can we get too much of a good thing?

If you look at the chart on page two, it is recommended that kids age 1-3 get 700 mg per day of calcium which is roughly 2-3 servings. Many children this age are averaging at least 3-4 cups of milk per day which equates to 900-1200 mg of calcium daily. This does not include that child who only drinks milk, or on top of the milk has other sources of calcium like cheese and yogurt. What’s so bad about a little more calcium? Too much calcium can cause constipation. This can literally create struggles not only for the child, but for the parent as well! Additionally, it may interfere with the body’s ability to absorb iron and zinc. Iron is needed for brain development.



Calcium is needed for bone development, and works best from its team player Vitamin D. Most of it is stored in the bones and teeth where it is used to support their structure and hardness. Calcium is also needed for muscles to move and nerves to carry messages from the brain to every body part. The main thing when thinking about you or your child’s diet is make sure to get a moderate amount.

How Much Calcium Do I Need?

The amount of calcium you need each day depends on your age. Average daily recommended amounts are listed below in milligrams (mg):

Life Stage	Recommended Amount
Birth to 6 months	200 mg
Infants 7–12 months	260 mg
Children 1–3 years	700 mg
Children 4–8 years	1,000 mg
Children 9–13 years	1,300 mg
Teens 14–18 years	1,300 mg
Adults 19–50 years	1,000 mg
Adult men 51–70 years	1,000 mg
Adult women 51–70 years	1,200 mg
Adults 71 years and older	1,200 mg
Pregnant and breastfeeding teens	1,300 mg
Pregnant and breastfeeding adults	1,000 mg

National Breastfeeding Month

August is National Breastfeeding Month!

Breastfeeding benefits both the health of the baby and the mother including decreased risk for:



For the Baby:	For the Mother:
Type 2 Diabetes	Ovarian cancer
Sudden infant death syndrome	Certain types of breast cancer
Ear Infections	Type 2 Diabetes
Obesity (during childhood)	
Asthma	

Visit womenshealth.org for more information!

Oatmeal Pancakes with Applesauce

Ingredients:

- $\frac{3}{4}$ cup old fashion oats
- 1 $\frac{1}{2}$ cup fat-free milk
- $\frac{3}{4}$ cup enriched all-purpose flour
- $\frac{1}{2}$ cup whole wheat flour
- 2 tablespoons of sugar
- 1 tablespoon baking powder
- $\frac{1}{2}$ tsp salt
- 2 egg, beaten
- 1 tablespoon oil
- 3 cups applesauce
- Cinnamon



Directions:

1. Combine oats and milk in large bowl. Let stand for 5 minutes
2. Mix flour, sugar, baking powder, and salt into medium bowl. Add dry ingredients to oat and milk mixture.
3. Beat eggs and oil together and add.
4. Stir only until all ingredients are combined which means mixture may look a little lumpy. Spread a small amount of oil onto an electric griddle or pan. Heat.
5. Spoon batter onto hot pan. Turn pancakes when tops are covered with bubbles and edges look cooked. Serve with unsweetened applesauce and sprinkled cinnamon.

Schedule for MMR Vaccine

	First Dose	Second Dose
Children	Age 12-15 months	Age 4-6 years
Unvaccinated children and adults	As soon as possible	30 days after 1 st dose.
Vaccinated teenagers and adults with no evidence of immunity	As soon as possible	N/A